

Sun Lakes Splash



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Quit smoking with free classes this summer

Tired of smoking or chewing tobacco? Have you tried quitting before only to start up again? Do you want to quit for good, but need help? Maricopa County Tobacco Use Prevention Program (MACTUPP) offers FREE quit tobacco classes to all adult residents of Maricopa County at more than 25 locations throughout the Valley and beyond.

Led by Arizona Certified Tobacco Treatment Specialists, many of whom are former tobacco users, participants learn techniques to quit and receive support needed to sustain their new tobacco-free lifestyle. Participants will receive nicotine replacement therapy medication, such as the patch or gum, for 50% off the retail price. Call 602-372-7272 to register for this FREE six-week class.

Why Attend This Class?

- Learn techniques to stop using tobacco and to handle nicotine cravings.

- Learn how to stay quit and handle stressful situations without using tobacco.

- Gain support from others who are quitting.

- Learn how to manage weight gain

through diet and exercise.

Why Quit Tobacco?

- Within 20 minutes blood pressure and pulse rates return to normal.

- Within eight hours oxygen levels in the blood increase to the normal range.

- Within 24 hours the risk of heart attack decreases.

- Within one year the risk of heart disease is half that of a smoker.

- Within 5-15 years the risk of stroke decreases to that of someone who has never smoked.

About Maricopa County Tobacco Use Prevention Program (MACTUPP)

MACTUPP provides leadership, education, and support to all residents, communities, and businesses to create tobacco-free environments. MACTUPP offers free smoking cessation classes at more than 25 locations throughout the Valley where participants learn techniques to help them quit, receive support needed to be successful, and also receive 50% off nicotine replacement therapy. For more information, call 602-372-7272 or visit www.mactupp.org. ✱